

ABSTRACT

An exercise device has two identical, parallel, solid, metal bars connected by an adjustable resistance hydraulic cylinder. The hydraulic cylinder is attached to the lower metal bar while the piston is connected to the upper metal bar. Oversized, cushioned grips are attached to both the upper and lower metal bars for comfort and increased gripping ability. A multi-staged resistance adjustment device is located on the upper end of the hydraulic cylinder. The oil or air filled hydraulic cylinder provides resistance in both the push and pull motions. Various body positions are facilitated to target specific muscle groups. Exercises include abdominal crunches, bicep curls, triceps presses, chest flies, upright rows and leg squats.